

InsideOut

It's Your Health; Own It!



December 2015

In This Issue: Fit Mind Fit Body; MOVE Challenge; Wellness Program Updates; Fit Tip; Frostbite Prevention

2016 Health Promotion Campaign

The 2016 Health Promotion Campaign kicks off in December to promote health and wellness for the Hanford employees. The formula for health is simple: move more, eat nutritious food, enjoy your leisure time, and take preventative measures to avoid illness.

The campaign is broken into quarters: **MOVE**, **EAT**, **PLAY**, and **BE WELL** to help you become a healthier you. Each quarter consists of Site-Wide Health Fairs, a Health Challenge, and five featured presentations related to the quarterly health theme.

MOVE (December—February) focuses on getting you moving toward your health goals: fitness, nutrition, or managing a chronic health condition.

EAT (March—May) highlights nutrition basics: portion control, fueling your fitness, and learning how to make smart food choices.

PLAY (June—August) explores the great local recreation and foods we have in our region, as well how to stay safe in the summer heat.



BE WELL (September—December) teaches you about preventative screenings, stress management, and staying safe throughout the holidays.

Come visit us at the [December Health Fairs](#) to get your 2016 Health Promotion Tracker booklet and take steps to being a healthier you! It's your health, own it!

Featured Presentations

Invite us to your next meeting! To schedule a presentation, call us at 376-3939 or email omchew@rl.gov.

Goal Setting for Success

Learn about the SMART principle and how to set attainable goals.

Heart Health

Common risk factors for heart disease and how to maintain a healthy heart.

Fit Mind, Fit Body

Mental health benefits of exercise, including emotional well-being, stress, and anxiety reduction; and the physiology of stress hormones and weight gain.

Creative Exercise

Basics of a fun, effective fitness program outside of a gym.

Healthy Holiday Tips

Ideas about how to make healthy choices throughout the holidays.

Fit Mind, Fit Body

Janice M. Kusch, Ph.D.
Clinical Psychologist, HPMC OMS

Psychologists are working to identify ways that people can protect their brains from aging. According to a recent study by Pennsylvania State University, approximately 10%-15% of people between the ages of 46 to 60 experience a significant decline in their cognition. Interestingly, this finding is contrasted by another 10%-15% who show significant gains. So what factors make this difference?

- **Hypertension is associated with cognitive decline**
- **Smaller brain size is associated with cognitive decline.**

Aerobic exercise is significant for increasing energy and losing weight, but when considering that hypertension and brain size are linked to cognitive decline, it takes on a whole new level of importance. Exercise is not only effective for combating hypertension but Yaakov Stern, Columbia University, suggests that engaging in stimulating activities and doing daily exercise actually creates *new* neurons which can prevent or slow the progression of Alzheimer's disease. In addition, a study in the *Proceedings of the National Academy of Sciences* found that exercise stimulates neural connections in a region of the brain within the hippocampus - known as the dentate gyrus - that is responsible for age-related memory decline.

So what else can we do to improve cognition in midlife? Margie Lachman, Brandeis University, stresses the importance of changing your outlook. Instead of acquiescing to old ideas that cognitive decline is inevitable, take control of your aging process. This sense of control is tied to feeling healthier and happier; further factors for improving cognitive functioning.

For more on this topic, contact HPMC OMS Behavioral Health Services at 376-4418.

Upcoming Health Promotion Events

December 3	HPMC OMS Health Fairs
December 9	WorkFit Leader Training
December 10	HPMC OMS Health Fairs
December 19	Lampson Cable Bridge Run
January 4	MOVE Challenge begins
January 13	WorkFit Leader Training

MOVE Challenge

It's time to ring in the new year with new goals toward better health and wellness. As part of our 2016 Health Promotion Campaign, we will kick off the new year with a fun and exciting site-wide health challenge focused on MOVING!

The MOVE Challenge will be open from January 4—31, 2016. The purpose of this challenge is to encourage Hanford employees to get moving toward physical activity and healthier eating habits.

Enter your points on the [WellSuite Health Activity Tracker](#) or print out a hardcopy form. Hard-copy forms can be mailed to Occupational Health & Wellness upon completion of the challenge at MSIN:G3-70, by February 9, 2016.

Eligible participants will be entered into a prize drawing for a [FitBit Flex](#).

"Quit It" Tobacco Cessation Program

There is still room for participants in the upcoming class, January 11—March 14, 2016. Contact Kelly Harnish at 373-3729 or Kelly_e_harnish@rl.gov to enroll.

Visit our [website](#) and this [flyer](#) for more information. **Registration ends December 17, 2015.**

Weight Loss Convoy Update

The 2016 Weight Loss Convoy program is full! Employees who are seeking assistance with weight loss may still get help achieving their goals by working individually with a health coach. Contact us at om-chew@rl.gov or 376-3939 to set up an appointment.



DECEMBER 2015

Safety Corner

Don't Let Frostbite Bite!



If you live in a cold region or plan on visiting one this winter, keep these tips in mind to avoid frostbite:

- Dress in layers of warm clothing that can wick moisture away from your body. Use wind- and waterproof outer layers to protect against wind and snow.
Tip: Mittens keep hands warmer than gloves.
- Limit your time outdoors, especially in subzero weather or on days when the wind chill keeps the temperatures low.
- Wear a hat and make sure it covers your ears.
- Don't drink alcohol if you plan to be outdoors for a while. Alcohol causes your body to lose heat (and dehydrates you as well).
- Know the signs of frostbite – redness or pale, waxy skin, numbness and a painful prickly feeling.



PERSONAL BEST® COPYRIGHT ©2015 EBIX INC.

Fit Tip: Physical Activity and Diabetes

Did you know that regular physical activity helps your cells become more sensitive to insulin? This allows your body to manage blood sugar efficiently throughout the day. Regular exercise can lower your blood glucose and A1C numbers, reducing medication doses and potential side effects of diabetes. During exercise, your muscles use glucose in your blood for fuel, further lowering your blood sugar levels. Exercise also improves your resting metabolism, increasing the number of calories you burn daily, which can help you lose weight. Even as little as a 7% drop in body weight can significantly lower blood glucose levels.

The benefits of physical activity are endless and can improve many other health conditions including hypertension, insomnia, depression, and poor circulation. For more information, email us at omchew@rl.gov.

Festive Fruit & Nut Balls



A no-bake treat perfect for Holiday cookie exchanges. This nutritious snack is sure to be a hit this holiday season.

We appreciate your readership! If you have questions, want to enroll in a program, or have a presentation request, call 376-3939, email omchew@rl.gov, or visit us at www.hanford.gov/health for more resources.

